

# ARE YOU PREPARED?

## Important Information From The Coconino County Health Department and Coconino County Emergency Management

Spring 2009

### BE PREPARED TO STAY... BE PREPARED TO GO!

[www.coconino.az.gov/health](http://www.coconino.az.gov/health)

Emergencies come in many forms. In the Northern Arizona area, emergencies may include: wildfires, floods, severe weather, and contagious disease outbreaks. If one of these disasters happened today, are you and your family prepared?

Individual and family preparedness can mean the difference between life and death during an emergency.

In some emergencies, you may be asked to **go - Evacuate your home**. Or you may be instructed to **stay - Shelter in Place**.

#### Evacuate

Local government officials may issue evacuation orders when disaster threatens. Listen to local radio and television reports. If local officials ask you to leave, do so immediately!



#### If you have only moments before leaving, grab the 5 Ps and go!

- **Pills:** Medical supplies: prescription medications and written prescriptions for refills.
- **Papers:** Driver's License or ID, Social Security Card, Proof of Residence, Insurance policies, Birth/Marriage Certificate, Investment Information, Wills, Deeds, Tax Information, credit cards and cash.
- **Pets:** Pet Carriers, Pet food, leash.
- **Pictures**
- **Personal Computer Information:** Disks, Zip Drives

#### Shelter in Place (Remain at Home)

There are many situations where you may be asked to stay at home, sometimes referred to as Sheltering in Place. During a contagious disease outbreak, local health authorities may ask for a voluntary quarantine. This means that you will be asked to stay in your home for a period of time to prevent the spread of germs.

In the event of a severe outbreak, health authorities may impose a mandatory quarantine. Quarantines are enacted to protect the health of the public

and the health of you and your family.

Because you may not have advanced warning about a quarantine situation, it is a good idea to plan ahead to have supplies available. (see Emergency Kit information inside)



Some emergencies may be a result of chemical, biological, or radiological contaminants being released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations describing how you can protect you and your family. You may be asked to close all windows and turn off ventilation systems or to secure yourself in an interior room.

Because emergency information will most likely be provided on television and radio, it is important to have these

items available. During an emergency, electrical power could be unavailable.

Plan ahead! Have a portable radio and batteries available so that you are able to hear important news updates.

It is important for you to follow instructions from local authorities and know what to do if they advise you to remain in your home.

Keep listening to your radio or television until you are told all is safe or you are told to evacuate your home.

***Preparing a plan in advance will save valuable time during an emergency.***

**Coconino County  
Emergency Management  
928-526-2735 ext. 41  
1-800-790-1990**

**Coconino County  
Health Department  
928-679-7272  
1-877-679-7272  
[www.coconino.az.gov/health](http://www.coconino.az.gov/health)**



## Special Needs Registration

A pre-registration process has been developed for citizens with medical disabilities who may require the use of a shelter or those who may have special transportation needs in the event of an emergency.

The pre-registration information will be used to assist emergency personnel in determining the transportation and sheltering needs of these individuals and to assist the Coconino County Health Department in their long-term planning efforts.

**Special Needs individuals are those who require special assistance from a caregiver or require medical equipment for daily survival.** Special Needs Shelters are not full-service medical facilities and only limited care will be provided. Individuals are strongly encouraged to plan their own arrangements for assistance for more private care than a shelter can provide.

Citizens who register will be asked for their name, address, phone numbers, medical information, and caregiver and emergency information. Registration documents will remain confidential.

To pre-register, Special Needs citizens are asked to register online at [www.coconino.az.gov/health](http://www.coconino.az.gov/health) or to call the CCHD at 928- 679-7272 or toll-free at 1-877-679-7272.

Out-of-Town Contact:	_____
Poison Control: 1-800-222-1222	_____
Family Doctor:	_____
or	_____
Ambulance: call 9-1-1	_____
Fire Dept.:	_____
Police:	_____

  

 <b>Important Phone Numbers</b>	 <b>Emergency Contact Card</b>
Name: _____	
Address: _____	
Household Member Contact Information:	
_____	
_____	
Family Meeting Place Outside Neighborhood: _____	

## ARE YOU AND YOUR FAMILY PREPARED?

### Make a Plan

Disasters can strike without warning -- the best way to make your family and home safe is to prepare before disaster strikes. Planning ahead is the first step to a calmer and more assured emergency response.

**1. Talk.** Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent.

**2. Plan.** In the event you are evacuated, have two meeting places planned for after a disaster:

- ▶ Right outside your home, in case of a sudden emergency such as a fire.
- ▶ Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.

### Additional Emergency Preparedness Information is available at:

- [www.coconino.az.gov/health](http://www.coconino.az.gov/health)
- [www.coconino.az.gov/emergencysvcs.aspx](http://www.coconino.az.gov/emergencysvcs.aspx)
- [www.redcross.org](http://www.redcross.org)
- [www.pandemicflu.gov](http://www.pandemicflu.gov)
- [www.72hours.org](http://www.72hours.org)



**3. Learn.** Each adult in your household should learn how and when to turn off utilities such as electricity, water and gas. Ask someone at the fire department to show you how to use the fire extinguisher you store in your home.

**4. Check supplies.** Review your disaster supplies and replace water and food every six months. (See "Your Emergency Kit" inside this brochure.)

**5. Tell.** Let everyone in the household know where emergency contact information is kept. Make copies for everyone to carry with them. Be sure to include an out-of-town contact. It may be easier to call out of the area if local phone lines are overloaded or out of service. Keep the information updated.

**6. Practice.** Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable or gridlocked. Practice earthquake, tornado and fire drills at home, school and work

Source: American Red Cross  
[www.redcross.org](http://www.redcross.org)

## PANDEMIC FLU

### What is an Influenza (flu) Pandemic?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges that humans have little or no immunity to, it begins to cause serious illness and then spreads easily person-to-person worldwide.

### What is Swine Flu (H1N1 Flu)?

Swine Influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited.



### How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Visit [www.pandemicflu.gov](http://www.pandemicflu.gov) and [cdc.gov](http://cdc.gov) for more information.

## Is an Influenza Pandemic a Real Possibility?

Pandemics have occurred periodically throughout history, every 30 years on average. Past pandemics have varied in their severity but history shows that pandemics can result in many deaths and social disruption.

While there is no way to determine when a pandemic may occur, advanced planning is important to ensure our community is prepared in the event of an outbreak.

### History of Major Flu Pandemics:

1918: Spanish Flu - killed more than 500,000 people in the US.

1957-58: Asian Flu - approximately 70,000 deaths in the US.

1968-69: Hong Kong Flu - killed approximately 34,000 people in the United States.



1918 Spanish Flu Pandemic

## What is the status of vaccine development and production?

Vaccines effective against a pandemic virus are not yet available. Vaccines are produced each year for seasonal influenza but will not protect against pandemic influenza.

Although a vaccine against the H1N1 virus is under, no vaccine is ready for commercial production and no vaccines are expected to be widely available until several months after the

start of a pandemic. This is because large amounts of vaccine cannot be made before knowing exactly which strain of the virus will cause the pandemic and because current vaccine production technologies are labor intensive and take up to 9 months from



start to finish.

Antivirals are medications that destroy or inhibit the growth of viruses. Antivirals should not be stockpiled due to shelf life limitations and may not be effective against ever-changing influenza viruses. Taking antivirals when they are not needed may reduce their effectiveness for when you really need them.

## Individual and Family Preparedness

*Protect yourself and your family...*  
**Have a Plan.**



**just in case arizona**  
justincasearizona.com

During a pandemic, you or your family may need to stay at home for several weeks. Make a plan with family and friends that includes:

- Who could help with food and supplies if you and your household are ill.
- The telephone numbers of people who live near you, as well as your doctor's phone number.
- Check with your employer to find out if you can work from home.
- Create an emergency supply kit that includes a supply of food and water, prescriptions and medications, flashlight, portable radio, supplies for your pets, toilet tissue, diapers, etc.

Visit [www.coconino.az.gov/health](http://www.coconino.az.gov/health) and [www.coconino.az.gov/emergencysvcs.aspx](http://www.coconino.az.gov/emergencysvcs.aspx) for more information

## PREVENT THE SPREAD OF DISEASE

One of the most important protective steps in preventing the spread of disease is avoiding infection. You can help prevent the spread of infection by:

- Washing hands frequently with soap and water.
- Covering your cough and sneeze.
- Using alcohol-based hand sanitizer (≥60%) when washing your hands is not possible.
- Cleaning surfaces such as door handles, phones, and computer keyboards with alcohol-based cleaner or a household disinfectant.
- Getting a seasonal flu shot to protect yourself from the seasonal flu and to keep your immune system healthy. Call your Health Care Provider or the Coconino County Health Department at 928-679-7272 or toll-free at 1-877-679-7272.



## YOUR EMERGENCY KIT

When preparing for a possible emergency situation, it's best to think first about the basics of survival:

**fresh water, food, clean air and warmth.**

Have enough supplies to last you and your family at least 72 hours

**Items to have on hand for an extended stay at home include:**

### Examples of food and non-perishables

Ready-to-eat canned meats, fruits, vegetables, and soups  
\*1 yr

Protein or fruit bars  
\* 1 to 2 yrs - check label

Dry cereal or granola  
\*6 months

Peanut butter or nuts\*\* Thermometer

Dried fruit \*6 months

Crackers \*6 months

Canned juices \*1 yr

Bottled water \*\*

Canned or jarred baby food and formula \*\*

Pet food \*\*

### Examples of medical, health, and emergency supplies

Prescribed medical supplies such as glucose and blood-pressure monitoring equipment

Medicines for fever, such as acetaminophen or ibuprofen

Soap and water, or alcohol-based hand wash

Anti-diarrheal medication

Vitamins

Fluids with electrolytes

Cleansing agent/soap

Flashlight

Batteries

Portable radio

Manual can opener

Garbage bags

\*Average Shelf Life

\*\*Check Food Labels

Tissues, toilet paper, disposable diapers



**928-679-7272 or toll-free 1-877-679-7272**